

MUKTI

The One

*The One as form
is registered in the senses
and the One as formlessness
can only be known through
consciously being the mystery that we are.*

*This is not a knowing of thought
but a knowing through
conscious being.*



2010

Local Area Events

The stillness of meditation and the dynamic inquiry of satsang are a potent combination for realization. Accordingly, Mukti regularly offers both satsangs and meditations locally in the San Francisco Bay Area.



Satsangs

Mukti frequently opens satsang with a talk or guided meditation and follows with questions and answers pointing directly to your true nature.

The contribution per satsang is \$10, paid at the door. Doors open 20 minutes prior to satsang for silent sitting. Chairs are provided.

► Berkeley, CA

Location: Hillside Club
2286 Cedar St., Berkeley

Tuesdays: January 19, March 16, April 27, May 18, August 17,
September 21, October 19, November 16, December 21

Time: 7–9pm

Monthly Meditations

Offered on a donation basis, meditations include two 40-minute silent sittings with a silent break between. Mukti will offer a guided meditation during the first sittings. You may attend one or both sittings.

► Palo Alto, CA

Location: St. Mark's Episcopal Church Chapel
600 Colorado Ave., Palo Alto

Mondays: January 18, February 8, March 8, April 5, May 24, June 7,
August 23, September 20, October 25, November 22, December 6

Times: First Sitting: 7–7:45pm / Second Sitting: 8–8:45pm

The chapel is the small building on the right as you enter the first driveway. Please arrive early. Doors close at the start of each period. No entry during meditation. Some chairs will be provided. Please bring your own floor seating. Sorry, no lying down or standing meditation allowed.

Silent Retreat Days

One can turn attention, at any time, and tend to the longing or resolve of their innermost being. However, some find, amidst life's busyness and challenges or without support, that this is not easy, nor is it always possible to get away for a longer silent retreat.

Mukti brings the flavor of extended silent retreats to a daylong format, in which participants can come together in silence with the common intention to discover who and what they truly are. The daylong format includes 3 short satsangs, interspersed with periods of meditation. Outside of satsang, the day will be one of shared silence.

Mukti will offer silent retreat days in the following Bay Area locations as well as in most cities listed in the Travels column.

► Palo Alto, CA

Date: Saturday, January 16

Time: 10am–6pm

Location: St. Mark's Episcopal Church Chapel
600 Colorado Avenue, Palo Alto

► Marin, CA

Date: Saturday, June 5

Time: 9:30am–5:30pm

Location: Community Church of Mill Valley
8 Olive Street, Mill Valley

► Santa Cruz, CA

Date: Sunday, August 1

Time: 9:30am–5:30pm

Location: Pacific Cultural Center
1307 Seabright Avenue, Santa Cruz

Registration

Preregistration closes 2 weeks before each retreat day. After preregistration, registration is only available at the door, space permitting.

- Bay Area silent retreat days are **\$60 per person** preregistered online or \$75 at the door on the day of the event.
- Preregister online at www.muktisource.org.
- To preregister by mail, write the event name on your check and mail to: **Open Gate Sangha**, PO Box 112107, Campbell, CA 95011
- You may register at the door, space permitting, for \$75. Please arrive early—first come, first served—and have payment ready upon arrival. (Sorry, no credit cards.)

Participants understand that all events hosted by Open Gate Sangha will be recorded for use by Open Gate Sangha, Inc. Open Gate Sangha makes no representations or warranties as to any benefit that may be received by attending an event.

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Travels

Mukti will be teaching in the following areas in 2010:

- ▶ Los Angeles, CA January 29–30
- ▶ Portland, OR February 12–13
- ▶ Grass Valley, CA March 5–6
- ▶ Amherst, MA March 23–24
- ▶ Lenox, MA March 26–28
- ▶ Vancouver, BC April 9–10
- ▶ Philadelphia, PA April 14–15
- ▶ Boulder, CO May 7–8
- ▶ Sebastopol, CA July 29
- ▶ Tustin, CA August 6–7
- ▶ Madison, VA September 3–6
- ▶ Ashland, OR September 29–30
- ▶ Bend, OR October 1–2

In most cities Mukti will offer an evening satsang followed by a silent retreat day. Visit www.muktisource.org for complete details about these events. For silent retreat days, preregistration online is recommended. Event announcements will be included in Adyashanti's monthly email prior to each event.

Mukti Downloads Online!

Visit the Audio page at www.adyashanti.org/cafedharma where you can always find Mukti's latest satsang download in the lower right corner, and more Mukti downloads in the Library.

About Mukti

Mukti, whose name is translated as "liberation," is a teacher in the lineage of Adyashanti, her husband. Prior to 1996, when she began studying the nondual, Zen-flavored teachings of Adyashanti, Mukti studied the teachings of Paramahansa Yogananda for over 20 years. In her own teachings, Mukti points audiences back to their natural state of wholeness or undivided consciousness. Licensed in acupuncture and certified to teach hatha yoga, Mukti has a love of the whole, in form as well as the formless.

Visit www.muktisource.org for complete details about Mukti, her teachings, and her events. The site offers a free full-length audio download, written teachings, schedule updates, directions, and online registration for silent retreat days and extended retreats.

Invitations & Private Meetings

Mukti is available for group satsangs, intensives, and one-day retreats by invitation. If you would like to host Mukti in your area, please email randy@adyashanti.org.

Mukti offers dokusans (private meetings for satsang inquiry) in San Jose, CA. For those who live outside the greater San Francisco Bay Area, she offers dokusans by phone. To schedule a dokusan, call (408) 728-3839.

Audio CDs

Available online at www.muktisource.org

▶ The Body of Stillness

2 CDs. Running time: 101 min. © 2009 Open Gate Sangha.
\$15 Item #M_1BOS

Mukti takes us through an exploration of different ways spirit consciousness is experienced in the human body. With a focused guided meditation followed by satsang, she helps us discover how the head, heart, and gut centers of awareness can be rich areas for direct meditative inquiry. She also shows how a position-less curiosity can dislodge the way we habitually define ourselves and lead us to recognize and rest as the true source of our being. Recorded March 17, 2009, in Berkeley, CA.

▶ Meditations with Mukti

1 CD. Running time: 74 min. © 2007–2008 Open Gate Sangha.
\$10 Item #M_1MWM

This audio CD offers three transformative meditations that guide you to the direct experience of your natural state of wholeness: Losing Your Boundary (20 min.), The Field of Being (20 min.), Exploring Consciousness (30 min.). Each track begins with a guided meditation followed by 5–8 min. of silence and ends with a meditation bell.

▶ Freeing Awareness

A Guided Inquiry of Consciousness Beyond Viewpoints

1 CD. Running time: 60 min. © 2008 Open Gate Sangha.
\$10 Item #M_1FAW

This engaging talk has the experiential quality of a guided inquiry that points listeners beyond definitions of awareness to direct knowing, prior to thought. Recorded January 31, 2009, in Auburn, CA.



Extended Retreats

Mukti offers extended retreats to nurture the emergence of spirit into consciousness. Retreat is for those who are willing to set aside personal concerns and to give all of themselves to that which is unconditioned. It is this unconditioned that reveals Itself to be the one true reality of each of us and all of existence.

These retreats offer a departure from one's usual daily activities and concerns, as well as an opportunity to share a common intention to discover the truth of what is. To support this intention, all retreats are held in deep silence, except for the time together in satsang. In addition to satsang, the daily schedule includes several periods of meditation. Both satsang and meditation are suited to penetrating heartfelt questions and, along with shared intention, create a synergistic combination for Self remembrance.

► Kripalu 2-Night Retreat Program

March 26–28, 2010

Kripalu is located in the natural beauty of the Berkshire Mountains of western Massachusetts, surrounded by 300 acres of woodlands, hills, valleys, and Lake Mahkeenac. *Please note: This retreat offers the option to maintain partial or total silence.*

Registration and details at www.kripalu.org.

Total Cost: \$415 (commuter) to \$955 (single w/bath)
Cost includes tuition, accommodations, and meals.

Location: Kripalu Center for Yoga and Health ~ **Lenox, MA**

► Sevenoaks 3-Night Silent Retreat

September 3–6, 2010

Sevenoaks Retreat Center, nestled in the foothills of Virginia's Blue Ridge Mountains, provides a tranquil retreat setting with modern facilities and beautiful, well-kept grounds.

Registration and details at www.sevenoaksretreat.org.

Total Cost: \$540
Cost includes tuition, room, and board.

Location: Sevenoaks Retreat Center ~ **Madison, VA**

► Vajrapani 5-Night Silent Retreat

October 31–November 5, 2010

Vajrapani is a beautiful, rustic, and deeply peaceful Tibetan Buddhist retreat center. It is located in the Santa Cruz Mountains of California amidst 70 acres of redwood forest.

Registrations are being accepted on a first-come, first-served basis at www.muktisource.org.

Event Fee: \$350

Housing: \$275 (van camping) to \$650 (cabin—very limited avail.)

Location: Vajrapani Institute ~ **Boulder Creek, CA**

► Mount Madonna 2-Night Silent Retreat

December 10–12, 2010

Mount Madonna Center is located in the Santa Cruz Mountains of California, overlooking Monterey Bay. It offers a peaceful retreat setting with 355 acres of redwood forest and grassland.

Registration and details at www.mountmadonna.org.

Total Cost: \$311 (commuter) to \$521 (single w/bath)
Cost includes tuition, accommodations, and meals.

Location: Mount Madonna Center ~ **Watsonville, CA**



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www.muktisource.org